

DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO

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May is National Asthma Awareness Month

"You can Control Your Asthma" is this year's Asthma Awareness month theme. Children with poorly controlled asthma are more than twice as likely to miss school, than those whose symptoms are well-managed. A new study by the National Jewish Medical and Research Center found that children with uncontrolled asthma missed more than six school days in a six-month period compared to just 2.6 missed school days for their healthier peers, and parents are missing work to care for their children. Controlling asthma is often easier said than done. It requires a team effort. Doctors, nurses, and health educators are part of that team, but the most important part are the patients and their families. But more often than not there is not enough time to ask all the questions about treatment plans, proper use of medications and equipment. It can all be very confusing and overwhelming.

Where can you turn for help?

Look no further, the Coordinated Asthma, Referral and Education program may be able to help. The CARE program reaches out to children with asthma through a series of home

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visits designed to educate and support families that have one or more children suffering from asthma. Trained staff work one-on-one with the families to educate, train and provide support while parents and children gain confidence in managing asthma in the home. Additional services consist of a visual assessment of the home for asthma triggers, hypoallergenic pillow and mattress covers, air purifiers and so much more.

So breathe easier knowing we CARE and are ready to help. Call CARE at 1-800-722-377 to set up your first home visit today.

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